

SPEED 2

• WATCH USAIN BOLT'S CRUISE CONTROL AS HE RACES TO DEFEND HIS 200M TITLE: 1:55 P.M. ON CTV



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Tension rises over AHS exec's expenses

Review announced.Opposition calls on premier to fire health minister in wake of claims scandal

Alberta says it is reviewing its government expense and hiring policies after two senior health executives quit over lavish claims worth \$346,000.

The review is to be conducted by Alberta's information commissioner and Don Scott, associate minister of accountability. "I am leading an initiative that will result in greater transparency on travel and expenses, with stricter reporting requirements for cabinet ministers, as well as executives in government and in agencies, boards and commissions," Scott said in a release Wednesday.

The announcement was prompted by the resignation

of Allaudin Merali last week as chief financial officer of Alberta Health Services over his expense claims when he worked for the now-defunct Capital Health Region. The claims, filed between

The claims, filed between 2005 and 2009, included expensive restaurant meals, maintenance for his Mercedes and international trips. Sheila Weatherill, his boss at the time who approved the expense claims, also stepped down last week from the board of Alberta Health Services.

The leader of Alberta's Opposition Wildrose party called on Premier Alison Redford to fire Health Minister Fred Horne over the lavish expense claims and other problems in the health ministry. Danielle Smith said Horne, who only took over the job of health minister last October, has lost the confidence of the public to properly manage Alberta Health Services.

BRONZE BOUT

Alberta's Carol Huynh takes down Isabelle Sambou of Senegal to win the bronze medal match in 48-kilogram women's freestyle wrestling at the Olympic Games in London on Wednesday. More Olympic coverage, pages 28-29, Prank GUNNITHE CANADIAN PRESS

Licence-plate lessons

Edmonton police demonstrate how to secure your vehicle's plates against would-be thieves PAGE 3

No Facebook? For shame!

Those who eschew social media are being labelled as misfits by some who just don't understand PAGE 8

Braiding 411

A stylist offers a step-by-step tutorial for getting the perfect braided crown



Sliders in the spotlight

Pile mouth-watering pork tenderloin and mushrooms between miniature buns PAGE 25



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Jeep allegedly stolen

Man charged after fatal collision in west Edmonton

A 24-year-old man has been charged after a highspeed collision that killed another driver Monday.

Police said a Jeep Cherokee that was allegedly stolen was speeding down 156 Street when it hit an oncoming GMC SUV at 100 Avenue, killing the driver of the other vehicle. Officers attempted to follow the car but gave up the pursuit due to safety concerns.

The 52-year-old driver of the GMC was killed, while the driver of the Jeep had non-life-threatening injuries.

Jovi Howie, 24, is charged with dangerous driving causing death, criminal flight causing death, driving while disqualified and possession of stolen property under \$5,000.

Clarification

Clarification regarding fareevasion article

In the article "Fine hike not deterring free rides: Edmonton Transit" that ran Aug. 7, the City of Edmonton provided inaccurate information.

Contrary to what city officials initially provided to Metro, there has been a decrease in fare evasion since the fine increased Aug. 1, 2011.

From August 2010 to August 2011, there was a fare-evasion rate of 5.4 per cent. That dropped to 3.9 per cent from August 2011 to August 2012.

Overall, that translates into a 28 per cent decrease in fare evasion, according to transit officials METEO



EPS acting Sgt. Dean Dukart demonstrates a system whereby a different type of screw head is used on each side of a licence plate as a deterrent to thieves, at West Division on Wednesday. HEATHER MCINTYRE/METRO

Police warn of spike in licence-plate thefts

Screws. Different types lead to more secure plates, say police



HEATHER MCINTYRE

o an increase in licen

Due to an increase in licenceplate thefts, Edmontonians are encouraged to do what they can to secure theirs.

According to the Edmonton Police Service, there were 233 thefts in July of this year, compared with 158 in July 2011

"That shows an increase of about 47 per cent," acting Sgt. Dean Dukart said Wednesday. "So we're just looking to give the public some ideas here to ... make it harder for the thieves to take a licence plate."

It's a citywide issue, with plates being taken from vehicles in parking lots, alleys and driveways at any time, said Dukart, noting that, while crimes trend up and down, 230 licence-plate thefts in one month is pretty high.

The stolen plates are typically used to conceal stolen vehicles, or for vehicles then used to commit crimes such

Use screws

Information sessions — in which officers will patrol the parking lot and change out screws — will be held at Kingsway Garden Mall over the next few weeks.

- The next session is Monday from 2 p.m. to 5 p.m.
- To report a stolen licence plate, call EPS at 780-423-4567.

as armed robberies or gas theft, he added.

EPS suggests using two types of screws, or even picking up anti-theft or security screws at police stations and hardware stores, for which a special tool is needed to remove it.

"The idea here is to make it as difficult as possible," said Dukart. "Most guys don't walk around with a full toolkit.

"So if you make it as hard as possible, they'll just move on to the vehicle next to you and take that one as opposed to taking yours."

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metr⊕ **NEWS**

Ronald McDonald House

Gamers aim for world record. charity awareness

Ever wonder what happens at West Edmonton Mall in the middle of the night?

A lot, say Scott Winder, 30, and Jordan Bloeman, 22, who played a soccer video

game for 48 hours to secure a place in Guinness World Records and raise awareness of Ronald McDonald House Northern Alberta. They finished at 8 a.m. on Wednesday, surpassing the Guinness record of 38 hours.

FC Edmonton was a partner and donated some of the proceeds from their game on Wednesday to the RMHNA. Lucy haines/for metro



Dangerous conditions

Dragon-boat race moving to calmer waters in Leduc

The 16th annual Edmonton Dragon Boat Festival has been moved from the North Saskatchewan River in Ed-monton to Telford Lake in Leduc due to unsafe river

conditions, festival organizers have announced. High water levels prompted the moving of the tournament, which runs Aug. 17 to 19. It's the first time in festival history that the event will not take place on the river. The Leduc Boat Club, which already hosts its own dragon boats, has partnered with the Edmonton festival.

Winter getaway

Flights from GP. Fort Mac to Mexico coming soon

In December, Sunwing Airlines will offer chartered flights from Fort McMurray and Grande Prairie to Puerto Vallarta and Riviera Navarit, Mexico, metro

New ads spotlight literacy awareness

Everyday struggle.

Campaign can be seen in newspapers, at transit stations and online



About 40 per cent of Albertans would have difficulty reading this sentence, but that's something the Edmonton Literacy Coalition is hoping to

"I'm not hiding from the world."

Isabelle Tapp, who started going to the Centre for Family Literacy four years ago

change after launching a new public-awareness campaign on Wednesday.

The coalition was formed a year ago, as advocates sought to erase the social stigma suffered by adults who struggle with basic reading.

print-advertising New

campaigns seek to demonstrate how poor literacy skills can hamper everyday activities such as reading ingredients on food containers or directions on medication.

Isabelle Tapp described some of the changes in her life since she started going to the Centre for Family Literacy four years ago.

"I've learned to read better and write better, but also socialize," she

Follow Laurie Callsen or





Life is just one big balancing act

Anna Ostapenko, 25, practises her balancing act on canes for the Cirque du soleil show Quidam, which runs through Sunday at Rexall Place. The show features 52 acrobats, singers, musicians and gymnasts from 18 countries. Ostapenko, of Ukraine, has been with Cirque for 10 years in big-top and arena shows, practising her specialty act for about two hours a day. Lucy HAINES/FOR METRO

Local woman wins best blogger contest

An Edmonton woman has won a nationwide competition to be the blogging ambassador for the BiLLe Lotto Canada.

Sheri Landry, who blogs for a living at ThisBirdsDay.com, beat out eight others for the title of Canada's Best Blogger. She wins a one-year contract

to work with BiLLe in social media. In exchange for blogging 20 hours a week, she will earn 100,000 euros (more than

"lt's amazing," Landry said on Wednesday. "I'm looking forward to all the new opportunities that this has opened

Along with her the contract, BiLLe, an international online lottery, also donated 10,000 euros (\$15,000) to the Stollery Children's Hospital Foundation in

LAURIE CALLSEN/METRO





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Revving up a boy's racetrack dreams

Make-A-Wish Foundation. JB's **Power Centre sponsors** Edmonton-area boy for a third time

SAROITA SASKIW

Dagon Plath has had his fair share of struggles.

The 10-year-old, who battled acute lymphoblastic leukemia three years ago, has not let his illness prevent

him from living his dreams. This is the third year that local company JB's Power Centre has sponsored Dagon through the Make-A-Wish

Foundation to attend his favourite event, the Canadian Diesel Nationals this weekend at Castrol Raceway.

John Plath, Dagon's father, said his son looks forward to going to the CDN every year, and that the company goes out of its way to make the day special.

"It's nice to see a big store owner ... actually taking the time and bringing these kids out to show them a fun day," he said.

JB Power Centre's vicepresident John Bell said it is important to give back to the community.

"The children from Make-A-Wish have to endure life threatening situations and we are more than happy to do what we can to make

When to go

- The CDN is Saturday at Castrol Raceway, located west of Leduc. Gates open at 8 a.m.
- It is hosted by the National Hot Rod Diesel Association and JB's Power Centre is the title sponsor.
- Each year, the Make-A-Wish Foundation invites two or three families to attend.

their lives a little brighter," he said.

This year, Dagon will get to watch the race from the company suite and tour the

Response to spills

Groups that want Alberta pipeline safety review say province is shutting them out

Groups that pushed for a review of pipeline safety in Alberta say Premier Ali-son Redford's government is shutting them out.

"I find it pretty disappointing that the Alberta government can find time to meet with the oil industry but not any of the 54 groups that demanded this review," Don Bester, president of the Alberta Surface Rights Group, said Wednesday.

"This review should be about protecting our communities and the environment, not a public relations exercise to greenwash the oil industry."

Mike Hudema, Greenpeace activist

Last month, the province said an independent audit is to focus on how pipeline safety is managed. It is also to look at the safety of pipelines that cross waterways and how the province responds to spills.

The review was announced following three pipeline-related oil spills in the province.

Redford's office said the premier has received a letter from the groups, but no decisions on a meeting would be made until the fall.

The organizations, including Greenpeace Canada and the Council of Canadians, say the scope of the review is too narrow.

They are also concerned that the Energy Resources Conservation Board will be involved in the process.

Mike Hudema, an activist with Greenpeace, said the board, with its mandate to regulate the development of Alberta's energy resources, is too close to the government and is mistrusted by some people in rural areas. He said there are

also concerns about the board's ability to adequately inspect and monitor pipelines and ensure spills are properly cleaned up.

"Albertans need and deserve an independent, thorough pipeline review that provides information and answers that we can rely on and trust, Hudema said.

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Wanted: Single white drug mule

Trafficking 2.0.

That sweet-talking cybermate on the online-dating site could be the front for a drug cartel in search of unwitting smugglers



LILLO MONTALTO MONFILA

One day, Sharon's and Catherine's online daters, named "Frank" and "Marc," asked them to finally meet in person, but not before one last favour: Travelling to Argentina to pick up some sensitive documents.

The women eventually agreed, thinking their dream had finally come true. But the documents, hidden without their knowledge in a secret compartment of their luggage, turned out to be cocaine.

That's how Sharon Mae Armstrong, 55, a former highranking civil servant in New

Websites such as Romancescam.com are dedicated to raising awareness of online fraud and helping people detect scammers before it's too late.

Zealand, and Catherine Blackhawk, 49, an American nurse, suddenly became the last link in a drug-trafficking chain. Astonished, they ended up behind bars last year in the same federal prison outside Buenos Aires.

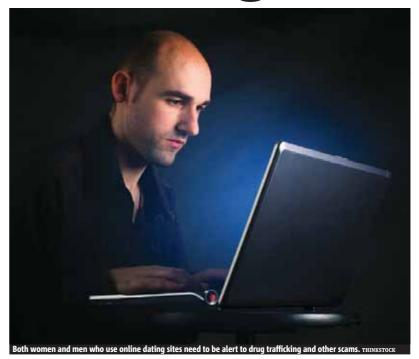
Their cases show that dating deceits — which rose by 150 per cent last year alone, fraudprotection agency Iovation reveals — are moving beyond the simple "take the money and run" into the domain of highly organized criminal cartels.

"People like Sharon are thrown into the fray with luggage where the cocaine is easily detectable," says Claudio Iza-guirre, president of the Argentine Anti-Drugs Association. "She is just a decoy, a scapegoat. The real mules are behind her, managing to get through while the attention falls on her.

In January, a third person fell into the same cybertrap and was caught at Buenos Aires airport: Paul Howard Frampton, 69, a distinguished professor of physics and astronomy at the University of North Carolina at Chapel Hill.

Frampton has said he was lured to meet a woman he thought he had been chatting with on the Internet, Czechborn lingerie model Denise Milani. He was given luggage to carry by someone claiming to be Milani's intermediary. The case contained two kilograms of cocaine.

Julieta Lacroze, Armstrong's lawyer in Buenos Aires, says it's hard to find exact figures for the pervasiveness of dating scams. Victims tend to feel humiliated, so most frauds go unreported. "It is easy for criminal organizations. They just have to sit down and chat," Lacroze said. "Three months of work via the Internet, and that's it. For five kilograms of cocaine, that's a fairly good return."



Case study

Sharon Mae Armstrong, arrested on April 13, 2011, faced 16 years in jail but in the end was sentenced to four years, 10 months. Waiting for an appeal, she tells Metro how she got tricked.

"A cousin of mine created an account for me on a dating website. It had been 20 years since I had been in a relationship, and I was not really interested. On the very last three or four days before the trial subscription's expiration, I was approached by this guy who said he was living in the same city where I'd just moved looking for a new job. I was in a very vulnerable position. He kept saying we were going to get married. He was a very good talker. I should have known.



ARMSTRONG

Q&A

'I lost a lot of work due to what happened'

Argentine model Dajana Antivero, 19, was arrested last year on drug-smuggling charges. She was later released, but the incident earned her the nickname "Narco Model."

You were accused of organ-

izing logistics for a gang of traffickers trying to smuggle cocaine in Holland. What happened?

It all started from a favour I did for my ex-boyfriend. He asked me to make a phone call to book a hotel for a guy I hadn't even met before. It was a supposed drug mule, but I did not know it.

Now your ex-boyfriend is in jail. Do you suspect him of using you and being a part of a cartel?

I don't think he did. A traf-

money. He used to get around the city with public transport - a narco doesn't travel this

ficker usually has a lot of

How do you feel about being called Narco Model? Did it help your career?

Not at all. I lost a lot of work

due to what happened.

What do you think of Sharon **Armstrong's case?** They always take advantage

of weak or naive people. My experience helped me a lot. think at least five times before doing a favour for someone. I did it without realizing, and the day after, I was in jail. LILLO

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Sikh temple massacre

Gunman shot himself: FBI

The gunman who killed six people at a Sikh temple in the U.S. died of a self-inflicted gunshot wound to the head after he was shot by police, the FBI announced Wednesday

Authorities previously said an officer had fired the shot that killed gunman Wade Michael Page. THE ASSOCIATED PRESS

Settlement

Troops trained by mercenary army

Canadian troops and police were trained for two years by the international security contractor formerly known as Blackwater, court records show. The partnership was revealed as part of a \$7.5-million settlement of criminal charges against the company that's now known as Academi LLC.

The Harper government has had a standing, untendered contract with the company, referred to as the world's largest mercenary army, since 2008.

THE CANADIAN PRESS

Does social media help stem anti-social misfits?

Controversy.

Psychologist believes someone's absence from sites such as Facebook could be a red flag

If you're a Facebook holdout, or have chosen to abandon the social-media hangout for any number of reasons, be prepared to be labelled a misfit — or worse.

The net has been abuzz this week about a story attributed to the German newsmagazine Der Tagesspiegel in which a psychologist concluded that the slim social-media presences of two accused killers, Norwegian Anders Breivik and Colorado-theatre-massacre suspect James Holmes, were suspicious.

With a global population of seven billion and about 955 million registered Face-



book users — technological and economic barriers notwithstanding — that's a scary proposition.

However, an immediate concern may be the weight placed on the social network by employers.

While the Maryland Department of Public Safety and Correctional Services have backed off earlier demands for the Facebook passwords of workers to check their profiles for troubling behaviour, it's still

seen as a tool to vet potential employees.

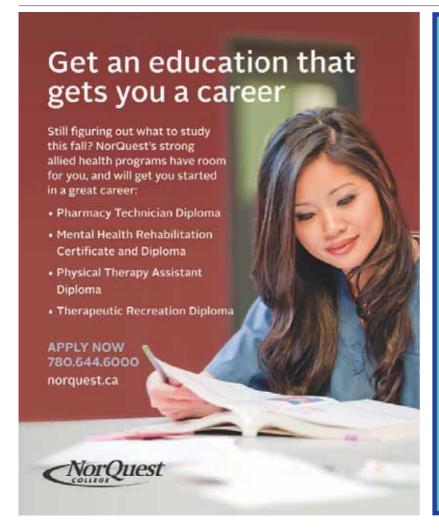
"Anecdotally, I've heard both job seekers and employers wonder aloud about what it means if a job candidate doesn't have a Facebook account. Does it mean they deactivated it because it was full of red flags? Are they hiding something?" asked a Forbes.com writer.

And the dating game tells a similar story.

Slate advice columnist Emily Yoffe told one woman: "I'm fine with people not having a Facebook page if they don't want one. However ... if you're of a certain age and you meet someone who you are about to go to bed with, and that person doesn't have a Facebook page, you may be getting a false name. It could be some kind of red flag."

For the digital generation, that kind of sentiment is understandable, said Queen's University media professor Sidneyeve Matrix.

"Facebook really is the way that you vet folks that you like, you cross paths and socialize with," she said. "There's a lot of commonsense wisdom there, because we do want to vet people."



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NEWS
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Mouthing off in protest

Background actors show a balloon shaped as a mouth during the recording of a music video of Canadian musician and performance artist Peaches in support of members of the feminist punk group Pussy Riot in Berlin, Germany, Wednesday. Prosecutors in Russia on Tuesday called for three-year prison sentences for feminist punk rockers who gave an impromptu performance in Moscow's main cathedral to call for an end to Vladimir Putin's rule, in a case that has caused international outrage and split Russian society.

ADAM BERRY/THE ASSOCIATED PRESS

metr

Publicity stunt. Vegas billboard with dummy on noose startles drivers

Even by Las Vegas standards, it was a shocking billboard: a mannequin dangling on a hangman's noose below a black sign with the ominous words "Dying for Work."

Nevada Highway Patrol

Nevada Highway Patrol Trooper Jeremie Elliott says the emergency service calls started coming in as the sun came up early Wednesday, with drivers worried the stiff, black-suited dummy swaying at the end of a rope was a real person.

"It's a publicity stunt, obviously done in bad taste," said Elliott, adding that officials were focused on getting it down quickly to avoid distracting drivers during the morning commute.

The graphic display along the interstate was one of at least two unauthorized signs spotted Wednesday morning in the Las Vegas area. Another was white with black lettering that read, "Hope You're Happy Wall St.," and a similar mannequin hanging off the edge.

Although the billboard alarmed drivers, it's unclear whether regulations in the area ban roadside signs with graphic depictions of suicide. A spokesman for the Nevada



This image provided by KVVU-TV shows a billboard with a mannequin dangling from a hangman's noose near the Strip in Las Vegas.

PETER DAWSON/RVVU/THE ASSOCIATED PRESS

Department of Transportation said there didn't appear to be state regulations on the matter, and a spokeswoman for Clark County was also not aware of rules against the subject matter

While nobody has publicly claimed responsibility for the signs, the Occupy Las Vegas group, which is affiliated with the larger Occupy Wall Street movement, posted photos of the displays on its website. Its caption says the Nevada governor's budget has slashed social programs and aid to suicidal adults

THE ASSOCIATED PRESS



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metre 10 NEWS metronews.ca Thursday, August 9, 2012

Riot police halt student protest

Price hikes. Ongoing unrest assumed to be encouraging voters to re-elect Premier Charest out of spite

A Montreal student protest designed to send an anti-government message in the midst of a Quebec election campaign was broken up by riot police Wednesday.

The protesters had been blocking the entrance to the Hydro-Quebec power-utility building. After several objects were tossed at police officers, the crowd was forced to disperse.

The protesters voiced their opposition not only to the Charest government's tuition hikes but also to its increase in electricity rates. They belonged to the more militant Quebec student federation, the CLASSE.

The riot squad moved in and chased the 200-odd demonstrators down a busy downtown boulevard. Some people dressed in black and wearing masks tried to get into building by the back, but they were dispersed again.

The events unfolded at a

Quote

"It's time to bring everyone back to their responsibilities and duties as citizens."

Quebec Premier Jean Charest

politically unpredictable juncture: during an election campaign and in a week where students are holding votes on whether to extend their strikes.

It's unclear whether the students will choose to head back to class — and how that decision might affect the election campaign.

It has been accepted as conventional wisdom in Quebec that continued unrest might encourage voters to reelect the Charest Liberals out of spite.

But the premier has downplayed such talk. He said Wednesday that more unrest is the "last thing" he wants, as a political leader and as a father.

But Charest says he expects students to respect the law, and for teachers to teach. His controversial Bill 78 imposes stiff fines on anyone



A protester is chased by a police officer who uses his bike to try and stop him during an anti-government protest in

who blocks a school, as protesters did in some cases last spring

"The law says what? It says a Quebec student has a right to an education and the right to enter his classroom. Is that too much to ask? ... I don't think so," Charest told a campaign news conference.

UNIVERSITY OF

WALBERTA

Protester Danick Bonette said it is important that students not throw in the towel.

"We are going to stand up for what we think is right for society and for students," he said. "I'm aware of what people are saying but if we go calmly back to school he (Charest) is going to say 'With my law, I put everything back in order.'

"It's kind of a win-win situation for him so we have to do what is best. And that's why students are divided. Some of us think we need to continue, some of us think we need to stop for the election."

THE CANADIAN PRESS

British Columbia

Lacylarceny?

No one has complained yet, but Mounties in West Shore, B.C., believe they may be on the trail of an underwear thief. Investigators say a man was found unconscious in a bathroom with his backpack stuffed with women's underwear. THE CANDIAN PRESS

Toronto Eaton Centre

Video appears to show urination on homeless man

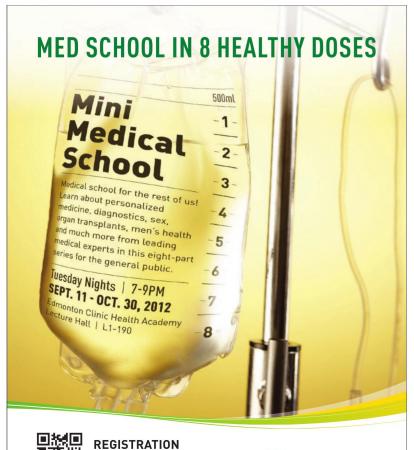
Police have launched an investigation after a video that seems to show a man urinating on a sleeping homeless person in Toronto was posted online.

THE CANADIAN PRESS

Saskatchewan

Reserve shooting charges laid

A charge of attempted murder has been laid against a 74-year-old man following a drive-by shooting on a Saskatchewan reserve.



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NEWS

Islamic extremism.

Militants gain footing in Egypt's Sinai Peninsula

After decades of neglect and with the collapse of government authority the past 18 months, Egypt's Sinai Peninsula has become fertile ground for Islamic extremists. Militant groups have taken root, carrying out attacks against neighbouring Israel and now turning their guns against Egypt's military as they vow to set up a puritanical Islamic state.

At a mosque in the northern Sinai village of Sheikh Zuweyid, a Bedouin tribal sheik gestured out toward the deserts that stretch outside of

There, Sheik Arafa Khedr said, it's well known that militants have set up training

Afghanistan

Taliban stake claim to NATO attack

A suicide attack hit a NATO patrol in eastern Afghanistan on Wednesday, killing three coalition service members, the international military force said.

THE ASSOCIATED PRESS

Another Yemen?

"We're expecting the entire region to be like Jaar." Bedouin tribal sheik Arafa Khedr,

referring to a southern Yemeni town that militants held for months until Yemeni troops uprooted them earlier this year.

camps. Jihadists recruit young Bedouin. Palestinian militants from neighbouring Gaza help in weapons training.

The danger, Khedr said, is that Sinai could become another Yemen, where al-Qaidalinked militants last year managed to take over a swath of territory in the south. THE ASSOCIATED PRESS

Pakistan

Ongoing political conflict stoked

Pakistan's Supreme Court has ordered the prime minister to appear before it to explain why he has not followed its instructions to reopen an old corruption case against the president. THE ASSOCIATED PRESS

Egyptian leader fires key players after border attack

Rising tensions. New level of co-operation between president, military leaders

Egypt's president fired his intelligence chief on Wednesday for failing to act on an Israeli warning of an imminent attack days before militants stormed a border post in the Sinai Peninsula and killed 16 soldiers.

The dismissal, which followed Egyptian airstrikes against Sinai militants, also marked a bold attempt by the Islamist leader to deflect popular anger over the attack. It pointed to a surprising level of co-operation with the powerful military leaders who stripped the presidency of significant powers just before President Mohammed Morsi took office

In a major shake-up, Morsi also asked Defence Minister Hussein Tantawi to replace the commander of the military police, a force that has been heavilv used to combat street protests since the ouster of Hosni



Mubarak 18 months ago. Rights activists have accused the military police of brutality against protesters.

Morsi also fired the commander of his presidential guards and ordered new chiefs for security in Cairo and the police's central security, a large, paramilitary force often deployed to deal with riots.

The decisions were an

White House Press Secretary Jay Carney commended the Egyptians for showing a willingness to take action when necessary."

nounced hours after Egyptian attack helicopters fired missiles at militants in Sinai as part of what the military said was the start of an offensive, to "restore stability and regain control" over the desert territory bordering Israel and the Gaza Strip. The use of air power marked a sharp escalation in Egypt's fight against the militants, who have become increasingly active in the mountainous terrain since last year's uprising.

THE ASSOCIATED PRESS

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metr⊕

Many men might say they're most attracted to women who are svelte, icons of that so-called feminine ideal portrayed in magazines and other media.

But never fear, you ladies of more Rubenesque propor-tions: It seems a man's bodysize preference can be somewhat fluid — and one of the factors that appears to affect it is stress.

British researchers have found that men faced with a stressful situation tend to change their assessment of what constitutes an attractive female, moving away from slender to a range of plumper women.

For Olympics devotees, think heftier weight lifters or hammer throwers rather

- Forty-one men were subjected to a number of stress-inducing tasks, including a mock job interview
- Both groups were then shown photographs of female body types ranging from emaciated through obese, with faces removed.
- The stressed group gave significantly higher attractiveness ratings to normal weight and overweight figures than did the non-stressed group

than lean and lithe gymnasts THE CANADIAN PRESS

Under construction

One World Trade Center fire a false alarm: Reports

Authorities say a fire on the 88th floor of One Word Trade Center in New York is likely a false alarm. The tower is the main part of

the construction at the site of the 9-11 attacks. The building is now the tallest in New York.

A spokesman for the Port Authority of New York and New Jersey, which owns the site, says the fire report was called in by a member of the public Wednesday and is believed to be a false alarm. THE ASSOCIATED PRESS

Study says. Stressed men find plumper women hot Fairmont Winnipeg is holding down the fort

No girls allowed.

Calgary man asks hotel staff to build him a fort ... and the rest is online viral history



FIISHA DACEY

Going along with a guest's cheeky sense of humour just might have netted a Winnipeg hotel a giant PR boost.

As of 11:30 a.m. local time on Wednesday, more than 160,000 people had viewed a series of photos uploaded by a guest at the Fairmont Hotel in Winnipeg only 14 hours earlier. The guest, identified on photo-sharing site Imgur as InGord-WeTrust, said that when he booked the room he asked for a pre-made pillow fort and two vanilla cokes under the "special requirements" section.

Staff at the hotel provided him with instructions on how to build a fort, several extra pillows and blankets, a basket of



free goodies and a coupon good for two of the requested drinks, made from scratch by the hotel staff.

The man, Gordon Relph, documented the gesture by uploading several pictures, including two pictures of himself with a smile on his face and photos of the fort he constructed. It quickly spread.

"We've got a remarkable

team here at the hotel," said Jacques Laverene, spokes-person for the Fairmont Winnipeg. "Oddly enough, this isn't a one-off. We deal with an interesting mix of clientele here and we get some pretty off-the-wall requests. It's part of the culture here at the hotel."

Relph, 26, said he was taken aback by the attention. "Obviously I never thought it

would take off like this," said Relph from an office in Winnipeg, where he's in town on business until Friday.

The Kelowna-born Calgarian said he'd never before made this kind of request from a hotel and that he was surprised when staff complied. "I thought, well, let's just do it."

He said he used the fort and even slept on the floor all night.



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Proved right after a decade: Agencies tapped phone calls

Affidavit filed. Suspect's long doubted ex-lawyer now vindicated by CSIS's and CBSA's recent admissions that agents tapped conversations

A lawyer who represented two men branded as threats to national security said Wednesday he was stunned to discover confirmation of his long-held suspicions that government agents had listened in on his phone calls with his clients.

Federal lawyers heaped scorn on him when he first raised the issue a decade ago, Rocco Galati said, and it was only recently he learned he'd been right all

From March 1999 to the end of 2003, the Toronto



lawyer acted for two Egyp tians slapped separately with national-security certificates: Mohamed Mahjoub and Mahmoud Jaballah.

The government deemed the men terrorist threats. with much of its case based on secret evidence they were not allowed to see.

A dozen years later, both men - in prison or under house arrest despite facing no charges in Canada — are still fighting to have their certificates quashed.

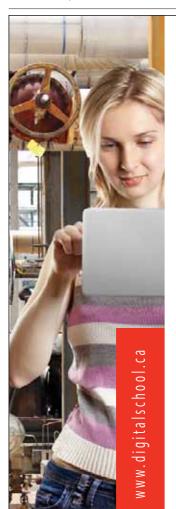
In 2008, Canada's spy agency admitted listening in on Mahjoub's calls with his lawyers, but only as a way to monitor his bail conditions, one of which included his consent to having his phone

A judge quickly ordered an end to the practice.

Mahjoub's current lawyers have since gained access to information that shows the Canadian Security Intelligence Service and the Canada Border Services Agency had been intercepting communications between him and his lawyers, including Galati, from the get-go.

THE CANADIAN PRESS





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metronews.ca metronews.ca Thursday, valugus 9, 2012

Sect kept kids in underground captivity

'Kingdom' raided.

Children lived in cells for years, rarely saw the light of day and never attended school

A self-proclaimed prophet had a vision from God: He would build an Islamic kingdom — under the earth.

Digging began in a Rus-

sian province about a decade ago and 70 followers soon moved into an eight-level subterranean honeycomb of cramped cells with no light, heat or ventilation.

Children were born. They, too, lived in the cold underground cells for many years — until authorities raided the compound last week and freed the 27 sons and daughters of the sect.

Aged one to 17, the children rarely saw the light of

Quoted

The children "looked nourished but dirty, so we had to wash them."

Pediatrician Tatyana Moroz

day and had never left the property, attended school or been seen by a doctor, officials in the oil-rich Volga River province of Tatarstan said Wednesday. Their parents were charged with child abuse.

The sect's 83-year-old founder, Faizrakhman Satarov, was charged with negligence, said Irina Petrova, deputy prosecutor in the provincial capital of Kazan.

The children were discovered when police searched the sect grounds as part of an investigation into the recent killing of a top Tatarstan Muslim cleric.

THE ASSOCIATED PRESS





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Games mystery. Athletes stage a team event with a difference — disappearing

Where are they?

The disappearance of seven Olympic athletes from one of the poorest nations on Earth was turning into a gold-medal mystery Wednesday.

Seven Cameroon athletes left London's Olympic village in the dead of night and disappeared.

They may be seeking new homes and better sports opportunities elsewhere, a Cameroon Olympic official said.

The Olympians have valid U.K. visas that would allow them to stay in Britain for six months, said press attache Emmanuel Tataw, noting this has happened before to national or Olympic squads competing in Melbourne and Athens.

"Most of the time they

don't come back," he said.

The missing athletes include five boxers, a swimmer and a soccer player, all of whom had completed their events.

Cameroon, a predominantly French-speaking nation of 20 million in west central Africa, has an estimated 2011 economic output of just \$1,230 per person, according to the International Monetary Fund.

Tataw said the five boxers also had other European visas because they had trained in Italy before the Games.

That would make it easier for them to travel legally to other European countries, including France, which has a large Cameroonian community

THE ASSOCIATED PRESS



In the grip of the law ...

As a bus erupts in flames in the background, a young woman is taken away by riot police during a fiery protest by students demanding free education in Santiago, Chile, on Wednesday. Police used water cannon and tear gas to break up the protest. Three buses were set ablaze.

Man pleads guilty to South African honeymoon killing

Justice. Husband allegedly hired people to murder his wife

The South African man who drove a Swedish bride to her death after allegedly being hired by her British husband to kill her on their honeymoon pleaded guilty Wednesday to the slaying and received a 25-year prison sentence after offering chilling details about the killing.

Mziwamadoda Qwabe, 27, described in a statement how he wore yellow gloves to avoid leaving fingerprints the November 2010 night he and alleged accomplice Xolile Mngeni kidnapped and killed Anni Dewani. Qwabe said he helped carry out the killing of the 28-year-old bride for only 15,000 rand (about \$2,100 US), and said he knew her accompanying husband Shrien De-



wani paid for the slaying and wanted her dead.

Mngeni was the one who shot Anni Dewani through her neck with a 7.62 mm pistol, Qwabe's statement read.

Shrien Dewani is fighting extradition to South Africa and continuing to deny he orchestrated the killing.

Judge John Hlophe of the Western Cape High Court accepted Qwabe's guilty plea Wednesday on charges of kidnapping, robbery, murder and illegal possession of a firearm.

illegal possession of a firearm. Lawyers and prosecutors also met with Mngeni, who will return to court Monday for the possible start of his trial over Dewani's killing, said Eric Ntabazalila, a spokesman for South Africa's National Prosecuting Authority.

Qwabe and Mngeni's trial has been postponed several times due to Mngeni's poor health. Mngeni had surgery to remove a brain tumour in June 2011

Ashok Hindocha, Anni Dewani's uncle, said Wednesday that her family was pleased Qwabe pleaded guilty, but that they still "want to know what really happened."

"The way we feel is that we are going through legal torture," Hindocha told the U.K. Press Association. "It is extremely stressful for the family."

THE ASSOCIATED PRESS





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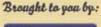


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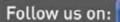
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Court orders Tories to find new arbitrator

Labour dispute. Canada Post's largest union learns via Facebook of Guy Dufort's ties to Conservative party

The Federal Court has ordered the Harper government to find a new arbitrator in a lingering dispute between Canada Post and its biggest union.

In a decision released Wednesday, the court said arbitrator Guy Dufort's pre-vious work for Canada Post and history as a Conservative candidate in Quebec casts doubt on his impartial-

"In light of the unique context of labour relations and the special law, the court concludes that a reasonable and sensible person might worry that the arbitrator is biased because of



these two reasons," says a summary of the decision.

The union says Dufort's Facebook page contained links to Conservative groups under the "activities and interests" section, and he was "friends" on the social networking site with both

and Tory MP Steven Fletcher, the junior minister responsible for Canada Post. The links have since been removed.

The union has written to Lisa Raitt, asking that a mediator be appointed to facilitate the collective bargaining process instead of appointing another 'friend' to force a winner-takes-all final offer selection on the parties as mandated by the back-to-work legislation, CUPW said in a statement.

The government is now considering its options, and Raitt's office had little to say on the matter.

"Our government took action and passed a law to restore delivery mail to Canadians. We acted in the best interests of Canadian in doing so," the minister said in a statement provided by her office.

THE CANADIAN PRESS

Low-cost carrier

Air Canada predicts sustained profits

Air Canada says it is on the runway toward achieving the promise of sustained profits as it pursues new pension relief, aircraft maintenance savings and a plan to launch a low-cost carrier next year.

Details of the plan to start the new carrier are still being formulated, but the country's largest airline said Wednesday that arbitrated labour agreements, especially one with its 3,000 pilots, provide it with the necessary flexibility to pursue the endeavour. THE CANADIAN PRESS

Major airports

Canada's language watchdog going undercover

Canada's bilingualism watchdog is going undercover at eight major airports to see if travellers are served equally well in English and French.

Official Languages Commissioner Graham Fraser says his office will conduct more than 1,500 anonymous observations

THE CANADIAN PRESS

New York-Israel

Fare mistake creates ticket run

A three-hour mistake that drastically lowered roundtrip airfare between New York and Israel created a run on tickets. At least 5,000 tickets were purchased Monday after El Al posted fares for \$400, down from \$1,600. THE ASSOCIATED PRESS

Alcohol

Beer more popular than ever

A new report says the world's appetite for beer hit a new high last year, with China leading the way.

The report released Wednesday said it was the 27th consecutive year that beer production marked an increase. THE ASSOCIATED PRESS

Real estate. Canadian home prices expected to drop slower than in U.S. and Europe

Canadian home prices are likely to decline 10 per cent over the next two to three years, before facing a period "prolonged" softness in both prices and sales, says a new report from Scotia Economics

"The correction will be concentrated in the Toronto and Vancouver markets, where supply risks and af-fordability pressures have the potential to trigger larger price adjustments," says report by Scotia bank's Global Economic Research

Pent-up demand for housing has been "effectively exhausted" by the decade-long housing boom, which has seen home ownership reach record levels, the report

That and tighter lending rules that have made afford-



ability more of a challenge, high household debt and the inevitable increase in historically low interest rates are all adding to the "downside risks" of housing activity going forward, Scotia econo-

mists say.
Rut "Canada's housing market is expected to avoid the sharp downturn witthe sharp downturn wit-nessed in the United States and Europe," it says TORSTAR NEWS SERVICE



Natural gas: \$2.933 US (-3.1¢) Dow Jones: 13,175.64 (+7.04)





\$1,616 US (+\$3.20)

I am Sreekanth Kaiprath Alakkadan father of Aadithyan Kaiprath Chathoth residing at 4132-37A Ave, Edmonton, Alberta. My son Aadithyan was born on 25 Nov 2005 and his Passport Number is G6137035 I have changed his name to Aadithyan Kaiprath Alakkadan Henceforth he has to be called and known as Aadithyan Kaiprath Alakkadan.





metr⊕ **VOICES**

SIGNALLING AN END TO CYCLISTS' CAMARADERIE



I am a rogue of sorts. A selfloather, perhaps. A traitor to my own people.

I ride a bicycle, and I hate cyclists.

It's a moral quandary, to be sure. Since there's apparently a war between bikes and cars, I am a king without a country. I kickstand alone.

It's tough, but I have little choice in the matter. Experience has taught me that many cyclists do not know the rules of the road. In fact, I'm not confident that most cyclists know there are rules of the road

This makes every bike ride I take an emotional roller-

Two directions

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity.

At first, I'm happy. This

stage lasts a good 15 seconds. But then I start to tense up like a child with divorcing parents, because I know there's going to be yelling.

And, sure enough, sometime within the next few minutes I'm barking at someone, usually a "fellow" cyclist. Despite my shrieks, it never seems to get any better. I guess I'm not yelling

Cyclists fail to signal, dominate shared paths, run red lights, pass on the right of

cars turning right, and ding their bell at people while riding on the sidewalk, all with alarming regularity. Can you imagine if a car moved into a bike lane and honked at a cyclist to move? The Car vs. Bike War would go to DEFCON 1.

As history and J.J. Abrams have taught us, it's human instinct to hate The Others because you don't know their perspective and therefore assume the worst. But to me it makes more sense to hate The Sames because I'm well aware of their perspective and don't understand why they aren't as

I'm not a great cyclist by any means, but it isn't exactly a high bar to jump over. No BMX skills required. And when confronted with their lack of skills or know-

ledge, most cyclists give one of two infuriating answers.

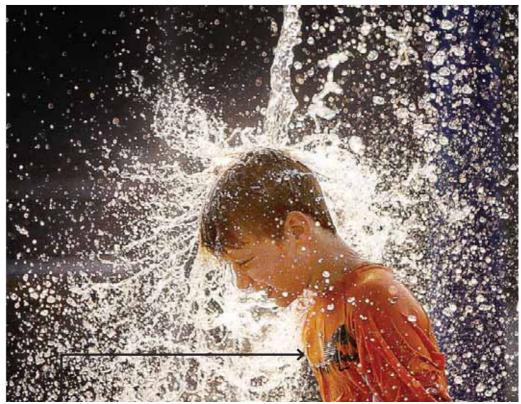
1. "The chances of me hurting anybody by breaking the rules are much less than if a car did it." This is equivalent to saying, "Yeah, I punch stuff randomly, but imagine if I had a baseball bat. That'd be crazy."

2. "Motorists wouldn't know what to do if I signalled properly and followed the rules anyway." At which point I have to get my helmet replaced because I've slammed my head repeatedly against a table.

It hurts me to say it, but I hate you, bad cyclists. I don't know where we took a wrong turn, but I'm sure you didn't

So our friendship must now come to a full stop. Then again, I guess you don't know what that is.

Record heat tough to shake off



THE IDAHO STATESMAN/DARIN OSWALD/THE ASSOCIATED PRESS

Hot hot heat

U.S. saw warmest July in more than 100 years

Teagan Rogers, 10, enjoys a splash of cool water at Borah Pool Tuesday in Boise, Idaho.

This probably comes as no surprise: U.S. scientists say July was the hottest month ever recorded in the Lower 48 states, breaking a record set during the Dust Bowl of the 1930s. THE ASSOCIATED PRESS

Global warming

"This would not have happened in the absence of humancaused climate change."

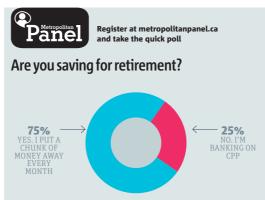
Michael Mann Pennsylvania State University climate

In the past, skeptics of global warming have pointed to the Dust Bowl . to argue that recent heat isn't unprecedented.

But climate scientist Jake Crouch, of the National Oceanic and Atmospheric Administration, said this shows that the current vear "is out and beyond those Dust Bowl years. We're rivlaling and beating them consistently from month to month."

The average temperature last month was 25 C. That breaks the old record from July 1936, according to the National Oceanic and Atmospheric Administration. Records go back to 1895.





@muswat:

One more day til #yeg Folk Festival...excited for the eclectic line up...everyone from Arrested Development, to Bonnie Raitt. #life isgood

@allisondpeters:

Power outage have the lights off at Commerce Place, but the computers still have power, #vea #sickioke #hihohihoitsofftowork

@CourtneyS__:

Hey I just met you, and this is crazy, BUT #BRANDNEW IS TO-MORROW AND I MIGHT CRY MAYBE #yeg @brandnewrock

Witnessing a horrible car accident is not quite the morning I had in mind. Very scary thing to see! @yegtraffic #yeg

I'm actually one level too indie to go to folk fest, it's so mainstream

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Stardom stems from wrong side of tracks

Jersey Boys. True story musical tale of Frankié Valli and the Four Seasons' rise to the top opening in Edmonton



LARAWAY

"The twist with Jersey Boys is it's based on a true story," says Aubrey Dan, who secured the Canadian rights to the Broadway musical sensation. "Here you have four blue-collar boys from the wrong side of the tracks dealing with the British music invasion. Yet, they still somehow make it to the rock 'n' roll Hall of Fame.'

The now infamous story was first chronicled on Broadway in 2005. It showed how Frankie Valli and The Four Seasons ended up becoming one of the biggest American pop music sensations of all time. "It was considered a jukebox musical and it just kept getting extended again and again," Dan reminisces the show's Broadway run. "Crowds were going insane. The real life component made it come alive.

Dan goes on to say because the show ties music and history together so beautifully, it speaks to people across generations. "It's not uncommon to have three generations of a family come to a perform-

"The grandparents lived it, the parents love the music, and the teens love the storyline."

It's also not uncommon for people to see the show over and over again. In fact, Dan says he routinely has people coming up to him saying they've seen it 20, 30, and even 100 times. "People know their characters," he says. "That's why casting is so rigorous and important.

In fact, it took a year for Nick Cosgrove to be cast in the coveted role of Frankie "I had a few different call-backs throughout the year. The main one was what they call "Frankie Camp."

They round up about 20 different Frankie hopefuls, have another singing and dance call before cutting about half. Those who go through, go onto a three-day intensive workshop. They put you through the ringer, and rightfully so, to make sure that you have the stamina for this role."

Landing the part means Cosgrove will tour across the country performing in over 70 shows in less than two months. Jersey Boys runs Aug. 15 to Sept. 2 at the Northern Alberta Jubilee Auditorium.

ersey Boys facts

- Tickets start at \$43 and are JerseyBoysTour.com
- Jersey Boys wrote their own songs, invented their own sounds and sold 175 million records worldwide

before they were 30.

There are currently six productions of the show running worldwide: New York, London, Las Vegas, Auckland, New Zealand and two U.S. national tours.



On the web



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Sackhoff's courage, honesty resonate with fans



Star of Longmire.

Popular actress sees a lot of herself in outspoken TV star, Real Housewife Bethenny Frankel

Actress Katee Sackhoff has a confession: She's obsessed with TV personality Bethenny

"She's probably a kindred spirit of mine," said Sackhoff, who stars on the A&E series Longmire, in a recent interview. "She's my sister from another mother (and) I've never met her."

Frankel became famous as one of the cast members of The Real Housewives of New York. She's written several books and recently debuted a talk show on Fox.

Sackhoff, 32, has had success playing women who aren't shrinking violets.

She starred as Kara "Starbuck" Thrace on Battlestar Galactica, which made her a fanboy sex symbol. Now she's Deputy Sheriff Victoria "Vic" Moretti on Longmire, based on the bestselling novels by Craig Johnson.

"I love the fact that she walks into a room and she wakes you up. She's loud, she's fast and she's great at her job, and she says things that she probably shouldn't say and

she does things that she probably shouldn't do," she says. "I think that she's probably the closest that I've played to myself, which is really fun."

Longmire premiered to 4.1 million viewers, making it A&E's top-rated original series premiere ever. It's been picked up for a second season.

"It's a hit and it's really weird. I feel this fondness for it that I felt toward Battlestar," Sackhoff says.

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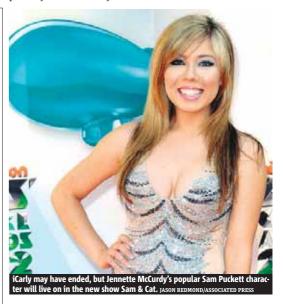


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Contest closes September 10, 2012. Open to Canadian residents over the age of majority, excluding Quebec and the territories. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form. There is one (1) Grand Prize of a trip for two to the 2012 edition of JFL42 in Toronto, which includes return airfare on Air Canada routes within Canada and four nights of hotel accommodation, valued at approximately \$5,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

A JUST FOR LAUGHS AND LIVE NATION PRODUCTION



iCarly star moves on with a spinoff

Same character. new show. Jennette McCurdy will keep Sam Puckett alive when spinoff Sam & Cat debuts next year

Nickelodeon's hit show iCarly made Jennette McCurdy a star, and although the show will air its series finale in November, the 20-year-old doesn't have to worry about what comes next.

The network has tapped McCurdy and actress Ariana Grande to star in a spinoff tentatively titled, Sam & Cat.

The series will follow the girls' characters, Sam Puckett from iCarly and Cat Valentine from Victorious, as they become roommates and start a babysitting business.

Sam & Cat will be produced by Dan Schneider, who is behind Nickelodeon shows iCarly, Victorious, Zoey 101 and Drake & Josh.

"I couldn'ť be under a better person's wing, so I'm really happy about that decision," McCurdy said.

McCurdy describes tap-

ing the series finale of iCarly, which has won many awards and attracted a large following among adults as well as kids, as emotional.

"The last day of shooting was really sad. There was a lot of crying and there were a lot of hugs going around. None of us wanted to say goodbye really."

The new show is expected to debut on Nickelodeon in the U.S. early in 2013.

Many Nickelodeon shows, like iCarly, are carried on YTV and Nickelodeon Canada in Canada.

McCurdy hopes that celebrities will appear on the new show, as they did on iCarly, which included guest spots by first lady Michelle Obama, Jimmy Fallon, One Direction and Jane Lynch.

Who would be her ideal guest star?

Garfield. I'm "Andrew gonna marry him," she said with a laugh. "In my dreams maybe. Sorry, Emma Stone. Emma Stone was on iCarly. If she sees this, she's gonna kill me. Oh my goodness. No. I love him though. I love his face. I love his hair! Andrew Garfield, I love you.

THE ASSOCIATED PRESS

metronews.ag ust 9 2012

SCENE 21

Country power couple. McGraw-Hill take their act, kids to Las Vegas

Country music power couple Tim McGraw and Faith Hill are heading to Las Vegas.

They will be performing a 10-weekend run of shows at The Venetian starting Dec. 7. The couple announced the news Tuesday during a press conference at the hotel.

Hill said they were thrilled about the opportunity to be creative in a way they've never experienced together before.

"Being in this intimate environment, it will be 'us,'" added McGraw. "I'm very excited."

The show is called Soul-2Soul, named after their hugely successful co-headlining tours in 2000 and 2006. According to Pollstar, their 2006-2007 Soul2Soul II run remains the highest-grossing North American tour in country music history.

The Las Vegas shows will mark the first time in six years that McGraw and Hill have performed a full concert together in the United States. McGraw said they are in the process of building the show and he promised that the production will be cutting edge.

Headliners

Before Hill and McGraw take over the main stage, the Venetian is featuring the following acts:

- Joan Rivers. Sept. 6-8, Nov. 8-10
- Craig Ferguson. Sept. 13-15
- David Spade. Sept. 21-22, Oct. 5-6
- Tim Allen. Sept. 28-29, Nov. 3

They may be superstars, but McGraw and Hill are also full-time parents of three daughters. During the show's run, the family will live in The Venetian. Hill said the hotel worked around their children's school schedules to make this happen.

McGraw said his daughters (15, 14 and 11) are excited to see the shows in Las Vegas, joking that "they probably won't see ours, though."

THE ASSOCIATED PRESS

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Deadmau5 needs to 'chill'

Rapidly rising Canadian electronic music producer Deadmau5 says he's going to "slam on the brakes" for a while, writing in a blog post that he's "pretty miserable right now."

The Niagara Falls, Ont., native — whose given name is Joel Zimmerman — has been all over the news this year, performing at the Grammy and Juno Awards, appearing on the cover of Rolling Stone and headlining the inaugural Veld Music Festival at Downsview Park in

Toronto this past weekend. But the busy year may

But the busy year may have finally taken its toll, with the 31-year-old writing that he needs to "unplug for a wee bit" and "force (himself) to endure some quiet time."

However, Zimmerman also added that he wasn't planning on cancelling any upcoming shows and will continue to write new music.

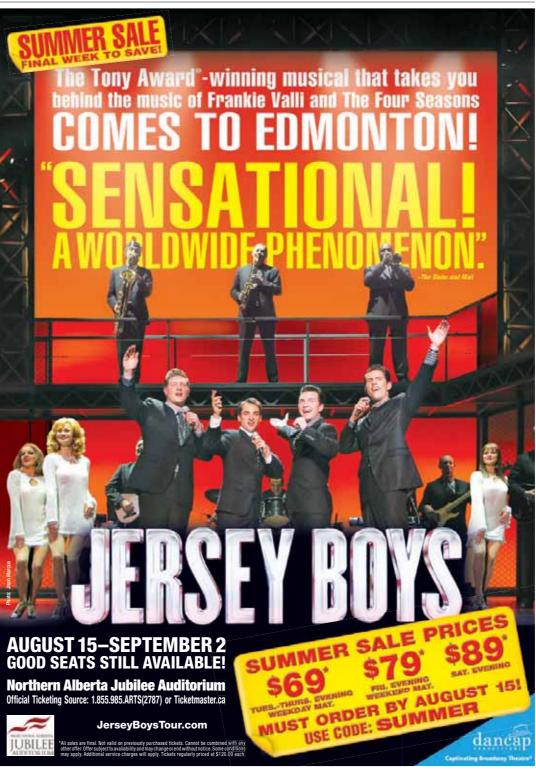
He even says that he'll release something new in the near future, teasing fans to look out for "something

crazy real soon like.'

But Zimmerman, who recently ranked sixth on Forbes' list of the world's highest-paid DJs with earnings of \$11.5 million, still said he needed to slow down.

"I got a lot of work to do on some stuff," he wrote. "So, best I just chill ... out a bit and just get it done, and get it done RIGHT, until I'm 100 per cent satisfied with it. Then our regularly scheduled program shall continue."

THE CANADIAN PRESS



Baby No. 4 for Hollywood power couple? Not if Garner can help it

Jennifer Garner and Ben Affleck recently welcomed their third child, son Samuel, and there's apparently some disagreement in their house about whether or not their family is complete. "The fact that Ben wants another is true," Garner tells Extra. "I can tell you that would be a pretty uphill battle with me. I am not anticipating having any more kids." That makes sense, considering Garner's admission of how hectic baby No. 3 has made things. "It's absolute chaos," she says. "I really did not realize how much more work three was going to be than two.'



Pulling a Pattinson? Sanders' wife spotted without wedding ring

Rupert Sanders has some serious regrets about his admitted affair with his Snow White and the Huntsman star, Kristen Stewart — especially since his wife, Liberty Ross, has been spotted out and about in Los Angeles with their two children but without her wedding ring. "Rupert is will-

ing to do absolutely anything and everything he can to save his marriage. He realizes this is the worst mistake of his life, and he cannot believe he was so stupid," a source tells Radar Online. "The thought of losing his wife and children, who he loves more than anything in the world, is killing him."

AND GET REWARDED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



JLo: Oh, hell no!

THE WORD

Monica Weymouth scene@metronews.ca

Hakob Manoukian, Jennifer Lopez's driver, recently filed a lawsuit against the singer, claiming that he was forced to resign after being publicly embarrassed by her manager. But now, JLo has an-

But now, JLo has answered with a \$20 millionplus extortion countersuit, claiming Manoukian demanded money to keep her secrets from the press, reports TMZ.

We can't help but wonder: How much do you pay your driver if you sue him for \$20 million? And does writing a gossip column disqualify you for the job?

Pattinson speaks!

Robert Pattinson has been lying low ever since girlfriend Kristen Stewart's very public affair with director Rupert Sanders.

That said, he has a movie to promote, so next week he'll make his first appearance on the only show too classy to provide material for this column.

Catch Pattinson Monday on The Daily Show with Jon Stewart, where he'll talk about his latest film, Cosmopolis, before getting harassed on Wednesday's Good Morning America.

Twitter



@GarryShandling

I'm sure this is a little stupid, but have u noticed how amazing it is that you can't see the horses under the water in water polo?



@**justinbieber** bball with the fellas today



@MissKellvO

My new favorite thing on earth is giving people the double thums up! They have no idea what to do & sometimes you get a nerves half thums up



@SandraBernhard

imagine if dogs could start speaking how much noise there would be on the street.

Elton John trash-talks Madonna, but she isn't having any of it

Madonna has heard Elton John's expletive-filled criticism of her and her latest tour, and she isn't taking it lying down. "Ultimately, she doesn't care what he has to say about her in public or private. She has nothing to prove to anyone,

especially Elton John," a source tells the Huffington Post. "To say her tour is a disaster is just silly. She is selling out arenas. (She's) singing new material and a few classic hits. (John) will be singing the same old songs until he dies."



So what did Obama like best about the new Batman movie?

Barack Obama has seen the latest Batman movie, the Dark Knight Rises, and he knows which part

he liked best: Anne Hatha-

way's Catwoman. "She's

spectacular," Obama told reporters, according to Hollyscoop. "She was the best thing in it. That's just my personal opinion."

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Handling hot summer hair

Get the look. With temperatures soaring, it's the perfect time to sweep the mop off our sticky necks and up into a dreamy design

TINA CHADHA Metro World News in New York We're obsessed with the romantic braided crown that stylist and Redken Creative Consultant Guido Palau created for the Spring '12 Valentino show. We headed to Cutler/Redken Salons where stylist Jenny Balding gave us a step-bystep tutorial. Warning: You'll need some French braiding skills and patience. Or better yet, find a girlfriend who will come over and do it for you.

Tool of choice

- "Spray a dry shampoo especially if you have fine hair — to your roots and mid length to add texture to your locks and for some more grip," says Balding.
- She likes Redken Powder Refresh (\$8, redken.com).







1. Divide your hair into three sections: the front, the crown and the back. The finer the hair the thicker the sections need to be.



2. French braid the crown, braiding towards the right ear, and tie with a rubber band.



3. Braid the front section. Start from your left ear and work your way across the forehead until you get to behind the right ear.



4. Once your front braid has reached the right side, connect it with the crown braid.



5. Braid them into the remaining hair. Make sure to braid right down to the very tip.

6. Wrap the braid going from the left to right around your crown and pin.

7. Use three pins on each side and one in the center to secure your braid.

8. As you go through, pull some pieces out at the root to make your braids chunkier.

Two for the road

Don't forget to pack these items for your August vacation

Malin + Goetz bug spray, \$20

\$20 malinandgoetz.





Benefit Cosmetics Benetint Lip Balm SPF 15

\$20, benefitcosmetics.com

On the Web



Artist Yayoi Kusama
ees the world in dots,
collaborates with

Save big on furniture so your kid can afford to party. Um, we mean, to study.

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metronews.ca Thursday, August 9, 2012

For a better cup...

Coffee cleanup no difficult task

How do you correctly clean a coffee maker and coffee pot? Donna



CHARLES
THE BUTLER
askcharlesthebutler@
metronews.ca
For more, visit
charlesmacpherson.com

Dear Donna, Well the good news is that this is relatively a simple process pour a few cups of white vinegar (5% alcoholic volume) into the coffee maker, nothing else.

Let it sit for 10 minutes then turn on the coffee maker and run it though, once finished continue to run fresh clean water through the pipes of the coffee maker until the vinegar smell is totally gone.

Now the coffee pot is cleaned the same way, by pouring white vinegar (5% alcoholic volume) into the coffee pot, let it stand for 30 minutes then rinse and wash with fresh clean water.

If you do this at least monthly, this should stop the Coffee maker and Coffee pot from getting mineral build-up.

mineral build-up.

Cleaning the coffee maker and coffee pot on a regular basis actually allows you to have a better cup of coffee, and keeps the machine in good working order.



Keep your coffee maker clean to ensure a better cup of coffee.

Bring rusted furniture back to life

DIY ideas. That old metal furniture isn't junk — show it some love and transform your seating area

On DIY Network's Turf Wars, two teams battle it out for \$10,000 using the same batch of materials to transform their yards into spectacular outdoor spaces.

These awesome transformations inspire bringing rusted metal furniture back to life; so, before passing old metal furniture off as junk, put in some weekend DIY love and give your outdoor seating area a whole new look. Follow the steps below to revive old outdoor metal furniture and be sure to trump any turf war.

Set up the work area

Place a drop cloth or large piece of cardboard over the floor to serve as your work area.

Be sure to have the right tools on hand before getting started including a stiff wire brush, sanding block, clean cloth, spray primer and spray paint. A clear spray lacquer can also be used to give the furniture a shiny finish.

It is always important to have safety glasses and a mask to protect from spray fumes.

Elbow grease

Inspect the furniture to see if there is any cracked or peeling paint and brush it off with the wire brush. Once complete, use the sanding block to smooth out any rough spots while being careful not to scratch the metal. Now that all the prepwork is done, it's time to bring the metal furniture back to life.

Prime

Wipe down the furniture using a damp cloth and allow to dry before applying the primer.

Put on safety glasses and the mask and apply the spray primer to the furniture using a continuous circular motion. As a general rule, it's always best to apply very light coats of primer instead of drenching the metal. Let the primer dry overnight before applying any paint.

From old to new

Decide whether you want your furniture to make a fun, bold statement with a pink or green coat or whether you'd prefer a more classic white look for your outdoor space — there are many different colours of spray paint to choose from.

Apply the chosen spray paint using the same continuous circular motion used when applying the primer.

The best approach for this step is to apply many light coats of paint, letting each one dry before applying the next, until the desired colour is achieved; this should result in a smooth, even look.

Once all coats have been applied, leave the furniture to dry overnight. Apply the final protective coat of spray lacquer if you want a shiny finish to complete the look. What was old is now new!

TURF WARS AIRS WEEKDAYS AT 4 P.M. ET/1 P.M. PT ON DIY NETWORK CANADA





Sliders grab summer spotlight

1. Heat oven to 400 F. Blend sour cream and mustard in bowl: cover and refrigerate. Combine 2 tablespoons olive oil, 1 clove garlic and 1 teaspoon thyme leaves in mini chopper. Rub pork with garlic mixture; place in shallow baking pan and roast 25 minutes until internal temperature is 160 F. Remove from oven; let stand at least 10 minutes.

2. Meanwhile, heat remaining 3 tablespoons olive oil in large skillet over medium-high heat. Add 1 clove garlic; cook and stir 30 seconds or until fragrant but not browned. Add mushrooms, olives, shallots and remaining 1/2 teaspoon thyme leaves. Cook and stir for 5 minutes or

until mushrooms are tender. Remove from heat; set aside.

3. Thinly slice tenderloin diagonally across grain. Spread each cut side of rolls with mustard mixture. Spoon half of mushroom mixture (about 2 tablespoons) on bottom of each roll. Top rolls evenly with sliced pork and remaining mushroom mixture. Cover with top halves of rolls. Serve on coated sandwich wraps or bakery sheets if

NEWS CANADA/INTERNATIONAL OLIVE COUNCIT.



- 1/4 cup sour cream
- 2 tbsp coarse ground mustard
- 1 lb pork tenderloin, trimmed
- 5 tbsp extra virgin olive oil
- 2 large cloves garlic, divided and minced
- 1 1/2 tsp dried thyme leaves 4 cups finely chopped shii-
- take mushrooms • 1/2 cup chopped ripe olives
- 1/4 cup finely chopped shallots
- 12 small rolls, split (warmed, if desired)

Spicy 'Creamed' Corn. The ideal partner for all your BBQ bites

There are few foods as simple, delicious and complete as fresh seasonal corn on the cob. When it's really fresh, I'll even eat it raw. No boiling, no butter, no salt. It's perfectly sweet and tender right off the stalk

Still, even perfection can get boring, and I recently began wondering what else I could do with fresh corn. I thought back to my days as the host of the Food Network's Cooking Live, when one of my guest chefs whipped up some corn soup and thickened it with puréed corn.

Of course, I'd known that puréed vegetable will thicken a stew or soup. But corn has a secret ingredient duh! - cornstarch.

I was astonished by the creaminess and thickness of my guest's soup.

This recipe was inspired by that soup. Creamed corn

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is thus named because it usu-

ally depends on cream for its creaminess. That's a problem

for me for a couple of reasons:

The cream not only makes the

dish too rich, it also tends to

mask the flavour of the corn

chef friend and used puréed

corn to achieve a silky rich-

ness without any additional

fat. Caramelized onions add

great depth of flavour, while

the chili's heat and lime juice's acidity balance the sweetness

Don't hesitate to finish the

dish with just about any herb

in the garden these days. Corn

plays nicely with almost all of

of the corn.

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TO A STORY OF THE PARTY OF THE



In skillet over medium, **4.** Stir in the remaining 1/4 cup of chicken broth, the lime juice and basil. Season with heat the oil. Add onion and a pinch of salt, reduce heat to moderately low and cook, stirsalt and pepper, then simmer ring occasionally, until golden, for another minute. about 8 minutes. Add remain-

THE ASSOCIATED PRESS/ SARA MOULTON OF TELEVISION'S SARA'S WEEKNIGHT MEALS AND AUTHOR THREE COOKBOOKS. INCLUDING SARA MOULTON'S EVERYDAY

- vegetable broth or water.
- finely chopped (about 1 cup)

ing corn kernels and another

pinch of salt. Sauté 3 minutes.

Add chili and puréed corn,

then bring the mixture to a

simmer and cook for 2 mins.

- ribs discarded if desired,

- Ground black pepper

Cookbook of the Week

All hail The Book of Burger

THE BOOK OF BURGER

RACHAEL RAY



Whether you're cooking for one or 100, Rachel Ray's The Book of Burger has you covered! Please 'em all with more than 200 recipes for burgers, sandwiches, hot dogs, fries, sliders, sloppies and more.

Start with Rach's Big Spicy Mac, tempting you from the book's cover, or go with the heavenly French Onion Dip

If beef isn't your thing, opt for bites such as Buffalo Turkey Burgers with Blue Cheese Dressing, Firecracker Deviled Corn Dogs, Italian BBQ Chicken Burgers, Lamb Burgers with Walnut and Feta Cheese Sauce, Bacon-Wrapped Potato Skins and more



• 10 to 12 ears fresh corn,

1. Carefully cut the kernels off

the ears of corn. To do this, one

at a time stand each ear on its

wide end and use a serrated

knife to saw down the length

of the cob. You should have

2. In blender, combine 1 cup

of the kernels and 1/2 cup of

the broth. Purée until smooth.

about 6 cups of kernels.

- 3/4 cup chicken broth.
- 2 tbsp olive oil
- 1 medium yellow onion, • Salt
- 1 serrano chili, seeds and minced (about 1 tbsp)
- 1 to 2 tbsp fresh lime juice or
- lemon juice, to taste • 1 tbsp shredded fresh basil
- or chopped fresh cilantro



metr⊕ **BUY LOCAL**



Home sweet home

Food and goods. Purchasing from farmers and companies in your region offers many benefits

ASTRID VAN DEN BROEK

What does buying local mean? And how do you do it?
We asked Jed Goldberg,
president of Toronto-based Earth Day Canada, to share

with us the goods on buying

WHAT IS BUYING LOCAL?

Buying local means purchasing food and goods produced by farmers and companies in your region.

"There are all different

qualifiers as to what is your region — your region could be Ontario for instance, or southern Ontario," he says. "It all depends on what your criteria are. But what it certainly couldn't be is the Western Hemisphere!"

WHY BUY LOCAL?

Aside from driving money back into your region's businesses, there are environmental factors to consider in considering buying local. When buying foods from overseas farmers, for example, there are environmental transportation costs and concerns that go into buying those goods.

"There's a good example right now in China cornering the market on garlic," notes

Goldberg.
"They're now the No. 1 garlic producers in the world. So why would you buy garlic from China when you can buy it from Newmarket, Ont.? It doesn't make sense."

Goldberg adds that buying from producers abroad also means you often don't know what type of farm or production facility your food comes from. The farms, he notes, could be mass factory facilities that might not be as closely monitored in environmental or quality standards

compared to a local producer.

Buying local also affords you food that usually stays on the vines longer and is picked closer to selling time.

tasting and more nutritious, Goldberg says. "So you're paying for the freshness and the quality of the food when you're buying local, and not for the transportation, the packaging, the refrigeration and all of that."

HOW TO BUY LOCAL

To scout some local goods, visit your local farmers' market where you can purchase much more than in-season produce. (Many markets often include foods such as baked

CITY MARKET DOWN-TOWN: This year-round market goes both indoors and out throughout the "So then it's usually go-ing to be healthier, better

year — outdoors on 104th Street from the May long weekend to Thanksgiving, and indoors at city hall the rest of the year. The market runs every Saturday

goods, cured meats, artisan

crafts and even clothing.)
"Right now in Canada, the harvest season is coming so there's the greatest available selection of locally grown food in markets across the country," says Goldberg.

If you are shopping in however, look

from 9 a.m. to 3 p.m. (city-market.ca).

OLD STRATHCONA FARMERS' MARKET: In business for 28 years, this market features some 130 vendors. The market is open Saturdays from 8 a.m. to 3 p.m. (osfm.ca).

certifications such as the Local Food Plus (LFP) logo on your products — LFP certifies farms and processors who have adhered to sustainabil-

ity and production standards.
"If you see that logo, then it's produced by somebody close to where you live, notes Goldberg.



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Every Thursday 5-8 pm

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NHL

Flyers pad ailing blue-line by re-signing Bourdon

The Flyers re-signed defenceman Marc-Andre Bourdon to a multi-year contract extension on Wednesday, and agreed with centre Scott Laughton on an entry-level contract.

The news comes a day after Philadelphia's defence took another hit, when Andrej Meszaros underwent surgery to repair a torn Achilles tendon. Meszaros is out indefinitely.

Bourdon, 22, was selected by the Flyers in the 2008 third round. He made his NHL debut with the Flyers last season, posting four goals and seven points in 45 games.

Laughton, 18, was the Flyers' first-round selection in June.

THE ASSOCIATED PRESS

MLB

Rangers charge back to claim victory in Boston

Adrian Beltre had a tiebreaking sacrifice fly in the ninth inning after Texas blew a late four-run lead and the Rangers beat the Boston Red Sox 10-9 Wednesday.

Josh Hamilton had three hits, a homer and four RBIs for Texas, which couldn't hold a 9-5 edge before pulling out its sixth win in eight games. THE ASSOCIATED PRESS





Murray's golden form continues

Tennis. British player back on court in Toronto days after topping Federer for Olympic title in London

Andy Murray of Great Britain has had no time to rest since winning the Olympic gold medal on Sunday.

But after doing extensive media interviews over the past few days, he was able to catch a flight to Toronto on Tuesday and played his first Rogers Cup match on Wednesday.

He had an easy time of it against Italy's Flavio Cipolla, winning 6-1, 6-3 but the degree of difficulty will soar on Thursday when he takes on Milos

In Montrea

Wimbledon junior champion Eugenie Bouchard is through to the second round of the women's Rogers Cup.

 The 18-year-old from Montreal downed Shahar Peer of Israel 3-6, 6-2, 7-5 on Wednesday. Bouchard has been on a roll this summer, taking two \$10,000 ITF events in Bastad before heading to Wimbledon, where she became the first Canadian to win a grand slam event at any level with a victory over Elina Svitolina in the final.

Raonic of Thornhill, Ont., in a third-round match. Raonic defeated Murray in the semifinals of the Barcelona Open nearly four months ago.

"Yeah, it will be tough," Murray said after Wednesday's match, his voice and body language showing that he was still tired. "He'll obviously be motivated playing in his own country. You know he's improved a

lot over the last year, year and a half. He's playing really, really good tennis. Very big guy with a big game. Serves well and hits the ball very hard."

the ball very hard."

Murray has had a whirlwind schedule since beating Roger Federer at Wimbledon in straight sets to win gold.

"You know, it's just not

"You know, it's just not when I finished the match and played the mixed (doubles). It doesn't end there," he said.

"I wasn't back at home until 2:30, did press for about two and a half, three hours after the match and the next morning started again at 8 for about another three, four hours."

Jo-Wilfried Tsonga of France admitted he was also tired after losing his opening match.

His 25-year-old countryman Jeremy Chardy, ranked 47th in the world, upset the sixthranked Tsonga 6-4, 7-6.

"I think it's not about my game," he said. "You know my game is my game. But I didn't have enough energy to move well."

Tsonga was coming off a gruelling Olympic experience where he won the silver medal in doubles and had a long, difficult match with Raonic that left him drained. THE CANADIAN PRESS

Skinner latest deal in Canes' storm of activity



The Hurricanes signed Jeff Skinner to a six-year contract extension on

The Carolina Hurricanes added to their flurry of off-season deals by awarding a long-term contract to forward Jeff Skinner.

Skinner signed a six-year contract extension worth more than \$34 million that will keep him with the Hurricanes through the 2018-19 season, the team said Wednesday.

The winner of the Calder Trophy in 2011 as the NHL's rookie of the year will make \$4.35 million in 2013-14 and \$6 million in each of the following five seasons. His entry contract, which pays him \$900,000 per year, was to expire after this

Eventful off-season

The Hurricanes already picked up forward Jordan Staal in a draft-day deal with Pittsburgh and signed him to a \$60-million extension.

 Jordan's brother Eric is already locked into a longterm deal in Carolina.

coming season

"I'm very grateful for them to select me in the draft, and obviously today, showing me the confidence to have me around long term," Skinner said. "It's definitely a nice message ... and hopefully, I can prove them right."

The 20-year-old Skinner has 51 goals and 56 assists in his short career, which began when Carolina took him in the first round of the 2010 draft. He made the team out of camp that season and was selected to the all-star team as a rookie before becoming the franchise's first Calder Trophy winner.

Last year, he had 20 goals and 44 assists despite missing 16 games with a concussion.

SPORIS

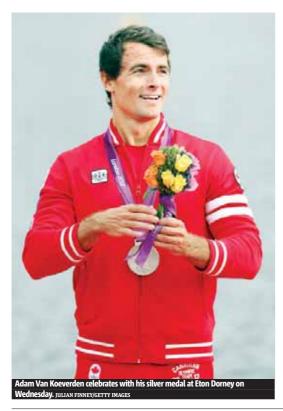
Mobile sports



Oxygen deprivation is part of life for synchronized swimmers. Canadian Marie-Pier Boudreau-Gagnon and partner Elise Marcotte spend about half of their free duet program underwater. Scan the code for the story.

metr⊕ **SPORTS: LONDON GAMES**

Awesome day on Eton Dorney



Canoe-kayak. Van Koeverden finds bright side in silver, Oldershaw buoyed by his bronze

Two friends with a ton of Olympic history made the canoe-kayak medal podium Wednesďay.

Adam van Koeverden won silver in kayak, his fourth medal in three Olympics, in the K-1 1,000 metres. And training partner Mark Oldershaw, a third-generation Olympian, claimed canoe bronze in the C-1 1,000 metres.

Watching over both of them was proud coach Scott Oldershaw, Mark's father.

Van Koeverden, the reigning world champion, looked for the silver lining in silver. Oldershaw, who finished 10th in Beijing four years ago when nerves got the best of him, was bubbling over bronze.

"(It feels) very heavy and it's awesome," a grinning Oldershaw said of the medal around his neck. "And I'm going to wear it for a while.

After a blazing start, van Koeverden lost gold to friend and longtime training partner



Eirik Veras Larsen of Norway in the final stretch.

Larsen, 36, was the 2004 Olympic champion and 2008 silver medallist in the K-1 1,000. He also won bronze in the K-2 500 in Athens. Van Koeverden won gold

and bronze at the Athens Games in 2004 and a silver in Beijing. The gold and silver came in the 500 metres — which has since been replaced by a 200-metre race — and the bronze in the 1,000. He was eighth in the 1,000 in 2008.

The 30-year-old from Oak-

ville, Ont., admits Beijing was a hard pill to swallow. He had won a lot of races going into the 2008 Games and put a lot of pressure on himself.

But he has matured over the years. Any disappointment Wednesday was tempered by respect for his rivals and knowing that you can't win them all.

Still, van Koeverden showed his steely side when asked if he had come out too fast.

"I started the way I wanted to," he replied. "I was super-comfortable. Going through



Van Koeverden's Games resumé includes being flag-bearer in 2008 and carrying the flag at the closing ceremonies in 2004. His fourth medal Wednesday takes him one past Caroline Brunet, making him Canada's most prolific canoe-kayak Olympian.

the 500 I had tons of energy. It's not a case of a screwed-up race plan, this is a case of one guy in the whole world being better than me. And I can live with that.

"Seven billion people, one guy's better. It's OK."

The two Canadians won their medals in vastly different

fashions.

Van Koeverden rocketed out of the start and held the lead until Larsen ran him down as the finish approached.

Oldershaw was a full second out of fourth place with 250 metres remaining but powered his way onto the podium. The 29-year-old from Burlington, Ont., may have got silver had it not been for fastcharging David Cal Figueroa of Spain. Germany's Sebastian Brendel won gold.

THE CANADIAN PRESS

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Huynh battles to bronze with fortuitous clinches

Wrestling. Former Olympic champion gets hold of a medal following two scoreless rounds and a tiebreaker

Canada's Carol Huynh won a bronze medal in freestyle wrestling at the London Olympics on Wednesday while teammate Martine Dugrenier came up just short in her bid to reach the podium.

Huynh, the 2008 Olympic champion, beat Isabelle Sambou of Senegal to finish third in the 48-kilogram category. The Calgary wrestler won tiebreaking clinches after each of the two scoreless rounds.

She said she was elated with the win.

"I didn't want it to end in two clinches but you know what, I'll take it," Huynh said. "I wanted that bronze



medal.'

About a half-hour later, Dugrenier lost to Battsetseg Soronzonbold of Mongolia in the bronze medal bout at 63 kilograms. Soronzonbold stuffed Dugrenier's attacking attempts and outscored her in both rounds.

There was very little actual wrestling in Huynh's last match as the grapplers

spent most of the bout clutching and grabbing. After drawing the offensive position in both clinches, Huynh scored early on both occasions to take the rounds. Huynh missed out on a chance to wrestle for gold at ExCeL London North Arena 2 when she lost to Japan's Hitomi Obara in the semifinals. THE CANADIAN PRESS

Socce

FIFA probe to be completed after bronze match

Canada players were cleared to start the bronze-medal match at the Olympic women's soccer tournament because a FIFA probe into their behaviour won't be completed before the game kicks off Thursday.

FIFA is investigating "incidents that occurred" following Canada's 4-3 semifinals loss against the United States on Monday.

United States on Monday. Canada players, including forward Christine Sinclair, were openly critical of the Norwegian match referee.

However, FIFA said Wednesday that its disciplinary panel cannot prosecute the case before Canada plays France for bronze.

"In view of the elements currently at its disposal, the FIFA disciplinary committee considers that further investigation will be needed regarding incidents that occurred after the match," FIFA said in a statement.
"Further information will be provided in due course, but not prior to the bronzemedal match."

THE CANADIAN PRESS



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metr⊕ **SPORTS: LONDON GAMES**



Warner thrives through five in decathlon

London, Ont., native Damian Warner competes in the long jump event in the men's decathlon at Olympic Stadium in London on Wednesday. Warner's 4386 points were good enough for third place after five events. American Ashton Eaton sat in first after Day 1 with 9,039 points, a 220-point advantage over countryman Trey Hardee who sits second. MATT DUNHAM/THE ASSOCIATED PRESS

Track-and-field. Usain Bolt strikes for easy win in 200-metre semifinal heat

Usain Bolt is one victory away from becoming the first man to repeat as double Olympic sprint champion and reaching his ambition of becoming a "living legend" after he qualified for the 200-metre final.

On a balmy, clear Wednesday night. Bolt joked as he got into the blocks, laughed when he crouched into the blocks and then sped away for a controlled race that he finished by almost jogging across the line. His win exuded as much confidence as his victory in the 100 on Sunday.

This time, too, everything is set for a direct duel with his training partner Yohan Blake, the silver medallist in



the men's 200 metres Wednesday.

The 100 should have been the tough part for Bolt where his starting jitters have been an issue. The 200 is his preferred distance and it showed. He made a military-style salute when he was announced to the crowd, reggae music blaring in the background. After his race, he applauded another capacity crowd of 80,000 at the Olympic Stadium.

Blake had the fastest time with 20.01 seconds, compared with 20.18 for Bolt.

"It's the 200 metres and we are both full speed tomorrow," Blake said. "Anything can happen."

After Thursday's 200 final, Bolt still has the weekend relays coming up.

THE ASSOCIATED PRESS

Volleyball

Defending champs spiked out of London by Italy

The defending Olympic champion U.S. men's volleyball team was eliminated from the London Games with a straight-set quarter-final loss to Italy on Wednesday.

The fifth-ranked United States struggled to defend Italian captain Cristian Savani, who had 19 points

in the 28-26, 25-20, 25-20 victory for the sixth-ranked Italians.

U.S. setter Donald Suxho bent over with his hands on his knees and shook his head as Italy celebrated the win at Earls Court. And after congratulating the Italians, the Americans turned to applaud the many U.S. fans in the crowd.

The United States won the gold medal in Beijing, upsetting favourite Brazil 3-1. It was their third gold in men's volleyball, which became an Olympic sport in 1964. Russia is the only other nation with three golds.

Italy has never won the Olympic gold, but the teams have won silver twice, most recently at the 2004 Athens Games

The Italians will face Brazil in Friday's semifinals. The top-ranked Brazilians defeated Argentina in straight sets (25-19, 25-17, 25-10) earlier in the day.

THE ASSOCIATED PRESS

Day 12 results

MEDAL STANDINGS

MIEDAL 21AN	ועו	IN	22	
216 of 302 total medal	eve			
Nation	G	S	В	Tot
United States	34	22	25	81
China	36	22	19	77
Russia	11	19	22	52
Britain	22	13	13	48
Germany	7	15		32
Japan	4	13	14	31
France	8	9	11	28
Australia	5	12	9	26
South Korea	12	7	6	25
Italy	7	6	4	17
Netherlands	5	4	6	15
Canada	1	4	9	14
Hungary	6	2	3	11
New Zealand	3	2	5	10
Brazil	2	1	7	10
Belarus	3	2	4	9
Ukraine	3	0	6	9
Spain	2	6	1	9
Romania	2	5	2	9
Denmark		4	3	9
Kazakhstan	6	0	2	8
Iran	4	3	1	
Poland	2	1	5	8
Cuba	1	3	1	7
Sweden Jamaica	2	3	3	6
	1	3	2	
Czech Republic North Korea	4	0		6 5
	1	2	2	5
Kenya Colombia	0	3	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Azerbaiian	0	2	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3

WHAT CANADA DID

Wednesday at the 2012 London Olympics ATHLETICS

Men's 200m — Semifinals naughton, Charlottetown, P.E.I., finished seventh in heat one and failed to qualify with a time of 20.64. Aaron Brown, Toronto, finished fourth in heat two and failed to qualify with a time of 20.42.

Men's 5000m — First Round Qualifying — Cameron Levins, Black Creek, B.C., finished in eighth in heat two and qualified with a time of

Men's Javelin — Qualifying — Curtis Moss, New Westminister, B.C., finished 13th and failed to qualify with a distance of 78.22. Women's 800m - First Round Qualifying

Jessica Smith, North Vancouver, B.C., finished second in heat three and qualified with a time of 2:07.75. Melissa Bishop, Eganville, Ont. finished sixth in heat five and failed to qualify with a time of 2:09.33.

Women's 1500m — Semifinals — Hilary Stellingwerff, London, Ont., finished sixth in heat one and failed to qualify with a time of 4:05.57. Nicole Sifuentes, Winnipeg, finished 11th in heat two and failed to qualify with a time of 4:06 33

Women's Hammer Throw — Qualifying — Sul-tana Frizell, Perth, Ont., finished in 14th in group one with a distance of 67.45 and failed to qualify. Heather Steacy, Lethbridge, Alta., finished 17th with a distance of 63.40 and failed to qualify in group two..

DECATHLON

Men's 100m — Damian Warner, London, Ont., finished in third with a time of 10.48 in heat three.

400m — Warner finished third in heat four with a time of 48.20. Long jump — Warner won group two with a

distance of 7 54 Shot Put — Warner finished 10th with a distance of 13.73.

High Jump — Warner won group two with a height of 2.05.

Cumulative Ranking — Warner sits in third place heading into the second day of competition with 4386 points.

CANOE-KAYAK

Men's Kavak Singles 1000m - A Final - Adam van Koeverden, Oakville, Ont., won a silver medal with a time of 3:27.170. **Men's Canoe Singles 1000m** — A Final — Mark

Oldershaw, Burlington, Ont., won a bronze medal with a time of 3:48.502. Men's Kayak Doubles 1000m — B Final — Ryan

Cochrane, Windsor, N.S., and Hugues Fournel Lachine, Que., finished fourth with a time of

CYCLING

Men's BMX — Tory Nyhaug, Coquitlam, B.C., is 20th heat one's seeding run. Nyhaug finished with a score of 39 515

DIVING

Women's 10m Platform - Preliminary -Meaghan Benfeito, Montreal, finished 10th and qualified with a score of 325.50. Roseline Filion, Laval, Que., finished 17th and qualified WITH a SCORE OF \$14.85

EOUESTRIAN

Individual Jumping — Ian Millar, Perth, Ont., and his horse Star Power finished in a tie for ninth (11, 4; 7, 4), 8.

SAILING

49er - Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, finished in 17th (162)

WRESTLING

Women's Freestyle — 48Kg — Carol Huynh, Calgary, defeated Isabelle Sambou, Senegal, 1-0. 3-0. Points to win a bronze medal.

Women's Freestyle — 63Kg — Martine Dugre nier, Laval, Que., lost to Battsetseg Soronzonbold, Mongolia, 2-0, 1-0, Points in the bronze

SOCCER

WOMEN

BRONZE MEDAL MATCH Thursday, Aug. 9 At Coventry, England

France vs. Canada. 8 a m GOLD MEDAL MATCH Thursday, Aug. 9 At Wembley, England

Japan vs. United States, 2:45 p.m.

MEN

BRONZE MEDAL MATCH Friday, Aug. 10 At Cardiff, Wales

Japan vs. South Korea, 2:45 p.m. GOLD MEDAL MATCH

Saturday, Aug. 11 At Wembley, England Mexico vs. Brazil, 10 a.m.

BASKETBALL

QUARTERFINALS

Wednesday, Aug. 8 Russia 83, Lithuania 74

Spain 66, France 59 Argentina 82, Brazil 77 United States 119, Australia 86

SEMIFINALS Friday, Aug. 10

Argentina vs. United States, 4 p.m.



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BY MICHAEL WIESENBERG

↑ Aries

March 21 - April 20

Make life easy for yourself today. Go with the flow and make the most of opportunities as and when they arrive. If you can do that then everything will be all right with your world.

Taurus April 21 - May 21

Today's cosmic alignment warns that if you have any doubts about what you are being asked to get involved with, it might be best to opt out. Your colleagues may not be happy but it's your happiness that counts

∐ Gemini May 22 - June 21

No matter how confident you may be of your own abilities, a lot still depends on other people, so don't take anything for granted. Make sure you can tell the difference between a calculated risk and a foolish one.

9 Cancer June 22 - July 23

You can sense changes are good for you and, as usual, your instincts are spot on. The readier you are to embrace the future, the quicker you will arrive at a place where your future is secure.

9 Leo

July 24 - Aug. 23

A few words of encouragement from you could be all it takes to change a friend's day from a bad one into a great one. Maybe you don't realize it but your positive take on life is infectious — in a very good way.

M Virgo Aug. 24 - Sept. 23

People know you can be a bit controversial at times but what you say today will antagonize a lot of people. Good. They need to be told that life is what it is, not what they wish it might be.

△ Libra

Sept. 24 - Oct. 23

It's not true that every Libra is indecisive and you will go out of your way to prove it today. Something needs dealing with, something that you are best positioned to handle. Seize the initiative.

M Scorpio

Oct. 24 - Nov. 22

Just because some of the people you live and work with see things differently to you does not mean they are stupid — although it does not mean they are not either! Treat them and their opinions with respect today.

プ Sagittarius Nov. 23 - Dec. 21

Yes, you must stand up for your rights, but you also need to find ways to get along with other people, especially on the work front where no one will make progress unless you all progress together. Let them know that.

b Capricorn

Dec. 22 - Jan. 20 The planets indicate that the challenges you face over the next 24 hours are the final hurdles in your quest to do something important, so don't give up now. You are so close to the breakthrough you have been dreaming of.

🗫 Aquarius

Jan. 21 - Feb. 19 People in positions of power have been watching you closely and like what they see, so expect an offer of some kind to come your way over the next few days. Take it before one of your rivals does.

H Pisces

Feb. 20 - March 20

It does not matter how hard the task you are about to undertake happens to be, you will make a resounding success of it.

Crossword: Canadiana

Across

1. Where to find Memphis: abbr.

5. BC neighbor to the south

10. Alder or aspen

14. Persia, now

15. Grass cutter 16. Beneficiary of a will

17. Underground digging workplace

18. 55-Down animals (2 wds.)

20. Beaufort ___: body of water north of 55-Down

21. Easter entrees 22. Empty, as an apartment

23. Celebrities

25. BMO competitor 26. BC-born Baywatch

babe Anderson 28. Edmonton team

31. By oneself 32. Hat-trick number

34. Fall mo.

36. High tennis shots

37. Clothing tag 38. "As ___ as the driven

39. Grease band 40. Flies alone

41. Bread bun that's boiled and baked 42. Circle in Canada's

north _ McAdams: London, Ontario-born Wedding Crashers star

45. Certain batteries 46. Apple centre remover

47. Call off, in NASA-speak 50. Box office disaster

51. Exchanged vow (2

wds.) 54. Canadian or Shield

57. Saskatchewan neighbor to the south: abbr.

58. Countenance side are you 59. on?

60. Crème ___ crème (2 wds.)

61. Like a barbecue pit 62. Irritable

63. Carnivore's quarry

Down

1. Canada's quintessential coffee and donut place, familiarly

2 A Great Lake 3. Canadian ice cream cookie treat (2 wds.)

4. SSW opposite 5. African antelope or

Chevrolet 6. Unhappy ends

7. Belt-hole makers 8. "Isn't ___ bit like you and me?": Beatles (2

wds.) 9. Canadian-born hockey great Bobby

10. From that point on

11. Actual 12. Ireland

13. Formerly

19. BC-born pop singer

Michael

21. Excavation

24. Animal lairs 25. Manitoba's Louis _

26. Buddies

27. Hawaiian greeting 28. They come from

29. Saskatchewan team

member 30. Mountainside debris

32. After-bath powder

33. The Sopranos home 35. Snitch

37. ___ Maxwell: Kitchener-born Miss Moneypenny player in many Bond

movies 38. Footstep 40. Aver

41. Cutting remark 43. Newmarket, Ontarioborn star Jim of The Mask

44. US presidential candidate Mitt

46. Canada's East or West Romeo: Italian 47.

sportscar 48. Lambs' laments 49. "That hurt!" 50. Book jacket blurbs, essentially, in short 52. Broad lowland

53. Rubber-stamp

55. 42-Across site: abbr. 56. Article that often comes before 57-Down

57. Official Parliament opposition



See today's answers at metronews.ca/ answers.





". WEEKDAYS 5:30 AM

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Yesterday's Sudoku

7	4	5	8	6	2	9	1	3
8	1	2	3	9	7	6	4	5
9	6	3	1	4	5	2	В	7
5	9	1	4	0	۵	7	6	2
4	3	7	5	2	8	1	9	8
6	2	8	9	7	1	3	5	4
2	5	9	7	1	4	8	2	9
2	8	4	ñ	3	9	5	7	1
1	7	9	2	5	8	4	0	6

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3	9						4		
		8			6		2		
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	7		5			9			
	6						3	8	
		9			1				

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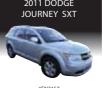




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